

Swim Lesson Level Chart

AquaTots (ages 6 months – 5 years)

AquaTots: Water exploration with a parent/guardian accompanying child in the water; No experience necessary.

PreSchool (ages 3 – 4)

PreSchool 1: Hesitant to put face in water. No water experience necessary.

PreSchool 2: Can put face in water; Bob 3 times at chin level with no support; Enter water without any help; Float on front and/or back support for 3 seconds.

Beginning (ages 5 – 12)

Level 1: Hesitant to put face in water; No water experience necessary.

Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Level 3: Front float for 5 seconds, back float for 5 seconds; Swim using a combination of arm and leg actions for 15 feet on the front; Push off and swim using a combination of arm and leg actions for 15 feet on back.

Advanced (ages 5 – 12)

Level 4: Swim front crawl for 15 yards with breathing to the side; Tread for 30 seconds; Swim back crawl for 15 yards.

Level 5: Swim front crawl for 25 yards; Swim elementary backstroke for 15 yards; Swim breaststroke for 15 yards; Swim back crawl for 25 yards; Tread water for 1 minute; Float on back for 1 minute.

**After completing Level 5, Pre-Comp is the next class to register for.